DHAMMA SCHOOL

GRADE 2



The National Anthem of Sri Lanka

Sri Lanka Matha
Apa Sri Lanka Namo Namo Namo Namo Matha
Sundara siri barinee, surendi athi sobamana Lanka
Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya
Apa hata sepa siri setha sadana jeewanaye matha
Piliganu mena apa bhakthi pooja
Namo Namo Matha
Apa Sri Lanka Namo Namo Namo Namo Matha

Oba we apa vidya - Obamaya apa sathya
Oba we apa shakthi - Apa hada thula bhakthi
Oba apa aloke - Apage anuprane
Oba apa jeevana we - Apa mukthiya oba we

Nava jeevana demine, nithina apa pubudukaran matha
Gnana veerya vadawamina regena yanu mana jaya bhoomi kara
Eka mavakage daru kela bevina
Yamu yamu vee nopama
Prema vada sema bheda durerada Namo Namo Matha
Apa Sri Lanka Namo Namo Namo Namo Matha

Composed by Ananda Samarakoon

The Dhamma School Song

Sambudu himige sadaham sisilen
senehena apa sirilak daruvo //
Daham pasale sevanehi vedemin
udāra guna dam sita deruvo //

Pas pav – dasa akusal duralā
isi – ko – man hema binda heralā
meth – karunā muditādi muni guna
sapurā piliveth maga sarasā //

Somi uvanin dutu dutuvan pinavana
piya tepulin esu esuvan sanahana
hada betiyen niti – teruvan namadina
udāra guna dam sita deruvo
api vemu sirilaka bodu daruvo //

Composed by Somapala Rajakaruna

LESSON 01

OUR DHAMMA SCHOOL



We get up early,
pick flowers into a basket,
worship our parents, and then
to the Dhamma School we go.



It is beautiful everywhere,
very good and clean.
We remove our footwear, and
happy in mind, we enter.

With flowers in hands, we line up
and Sadhu! Sadhu!! Sadhu!!! We say.
We sing in praise of the Triple Gem,
and to the Great Sage
sweet smelling flowers we offer.

LESSON 02

We Go to the Triple Gem for Refuge



"Buddhaṃ saraṇaṃ gacchāmi ",
May my homage to the Buddha be!
Always to the Buddha I go
seeking refuge for me.



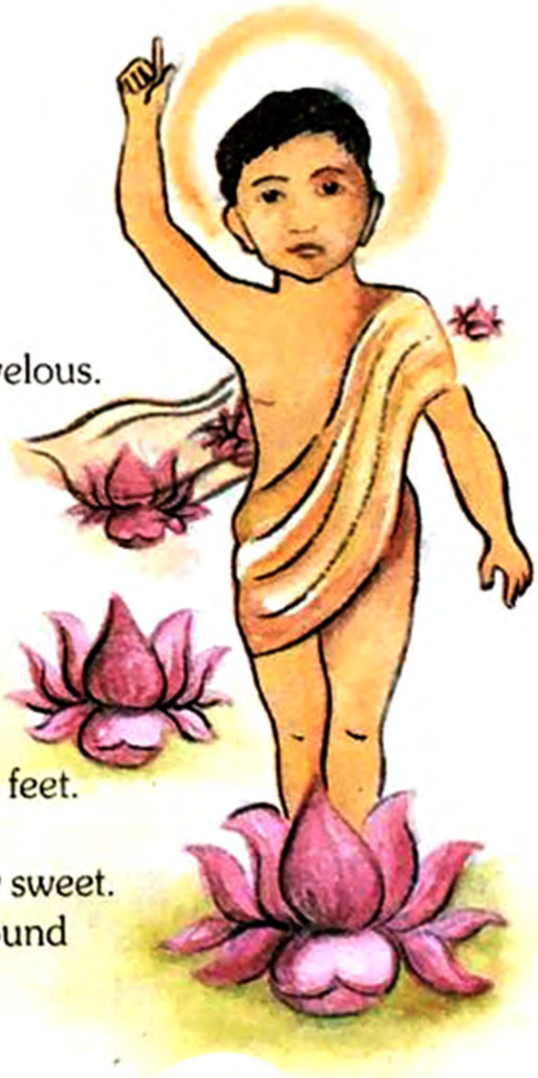
"Dhammaṁ saraṇaṁ gacchāmi,"
May my homage to t' e Dhamma be!
Always to the Dhamma I go
seeking refuge for me.



"Sanghaṃ saraṇaṃ gacchāmi ",
May my homage to the Sangha be!
Always to the Sangha I go
seeking refuge for me.

LESSON 03

The Birth of the Bodhisatta



It was a Vesak Full moon day
All over the Lumbini Park
the Sala trees were in full bloom.
The park was beautiful,
and a fragrant smell blew.
In that beautiful park
the Bodhisatta was born.
The birth of the Bodhisatta is marvelous.

Exercise:

The prince walked seven steps
placing on seven lotuses his feet.
Wild flowers were in full bloom
making the world smell very sweet.
With the sound of "Sadhu" all - round
the whole world rejoiced.
A limitless feeling of happiness
one and all enjoyed.

LESSON 04

The Attainment of Buddhahood

On a Vesak Full moon day,
in the moonlight,
Buddhagaya shone very bright.
The Bodhisatta Siddhattha
the Buddha - to - be
attained the noble Buddhahood
under the shade of the Sacred Bodhi tree.



Happy, indeed, is the birth of a Buddha.

LESSON 05

The Attainment of Parinibbana



The Vesak full moon
was gradually setting.
The Buddha attained
Parinibbana in the Royal Park of Malla Kings.
The whole world was Shaken with grief.

Exercise:

On the Vesak day,
in the Sala grove
the Prince was born.

One the Vesak day,
under the shade of
the Bodhi-tree
he attained Buddhahood.

On the Vesak day
in the shady Sala grove
he attained Parinibbana.

LESSON 06

We are Buddhist Children who look after Parents

Once upon a time in the city of Benares
there was a prince named Sama.
He dearly loved his mother and father.

The parents also in return
loved him much.



Prince Sama loved animals also,
deer, rabbits,
parrots, mynahs, squirrels
were friends of Prince Sama.

Once, Prince Sama,
With his friends,
Went to the river
to fetch water.



At that time the King Benares
had come on deer-hunting
The king shot a deer with an arrow
Alas !
That arrow struck Prince Sama.

Prince Sama fell on the ground unconscious.
The animal friends of the Prince felt very sad.
The king, who came to know about Prince Sama, also felt very sad.

Prince Sama's parents, too, came to know about the incident.

" Our son never does any evil deed.
Therefore, May our son be well !
May our son be well !!
May our son be well !!!

The mother and father wished him well.
Soon Prince Sama regained consciousness



Exercise:

Like the good Prince Sama
good Buddhist children we shall be ;
Caring well our parents ever
and in Buddhist practices failing never.

LESSON 07

The Three Friends

Three animals lived in a forest.
They were the elephant, the monkey and the quail.
They were good friends.



Seated under a huge banyan tree
the three friends discussed
"Among the three of us
who is the oldest?"

The elephant said :
"When I was small,
I walked about here.
The top-most tender leaf of this
banyan tree was just high
enough to touch my belly.
This was such a small plant then"

The monkey was the next to speak :

"I have known this tree
when it was smaller than that.
When, I was small I used to sit
on the ground here, and while
sitting, I ate its top-most tender leaf.
This shows that I am older tc our
elephant friend."

The quail said thus :
"Far away from here there was a large banyan tree,
just like this one.
I ate one of its fruits and
dropped some dung here.
This tree grew from that."

The elephant and the monkey said then
" O dear friend quail,
you are older to both of us.
Though you are small in size,
both of us respect you"



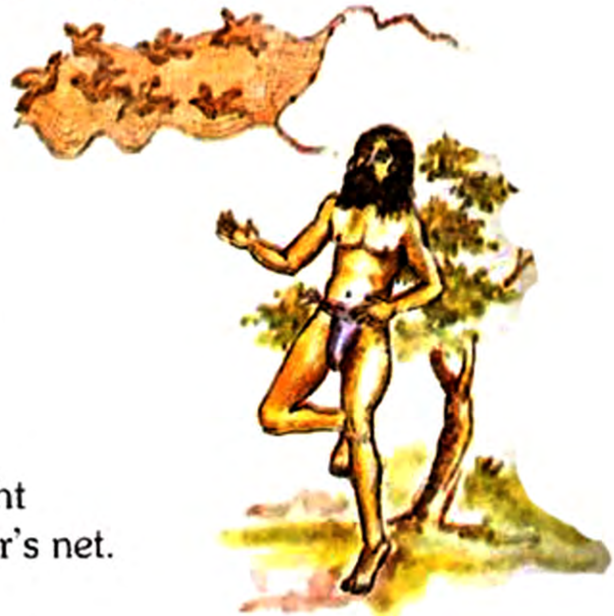
"We shall also respect our elders"

Exercise :

My country, where live children like me
who treat the elders well
and honour those deserving honour,
will always shine and prosperous be.

LESSON 08

We shall Unite and Win



Long ago
there lived a quail - hunter.
One day, he laid the net
to catch quails.
The quails got caught in the net.
Then these quails got together,
and flew away carrying the net.

On another day
the quails got caught
in the quail - hunter's net.

On that day
these quails quarreled
among themselves.
None of them carried the net
The quail - hunter
caught all the quails.



Exercise:

"Unity is strength.
Making all happy.
Disunity is suffering.
bringing harm to all."

LESSON 09

The Little Monk Sopaka

He was a little child,
fatherless and helpless.
He had been left in a cemetery
without his mother's knowledge.
His name was " Sopaka."

It was night
Sopaka felt very frightened
"Isn't there anyone to save me"
saying so, Sopaka cried.



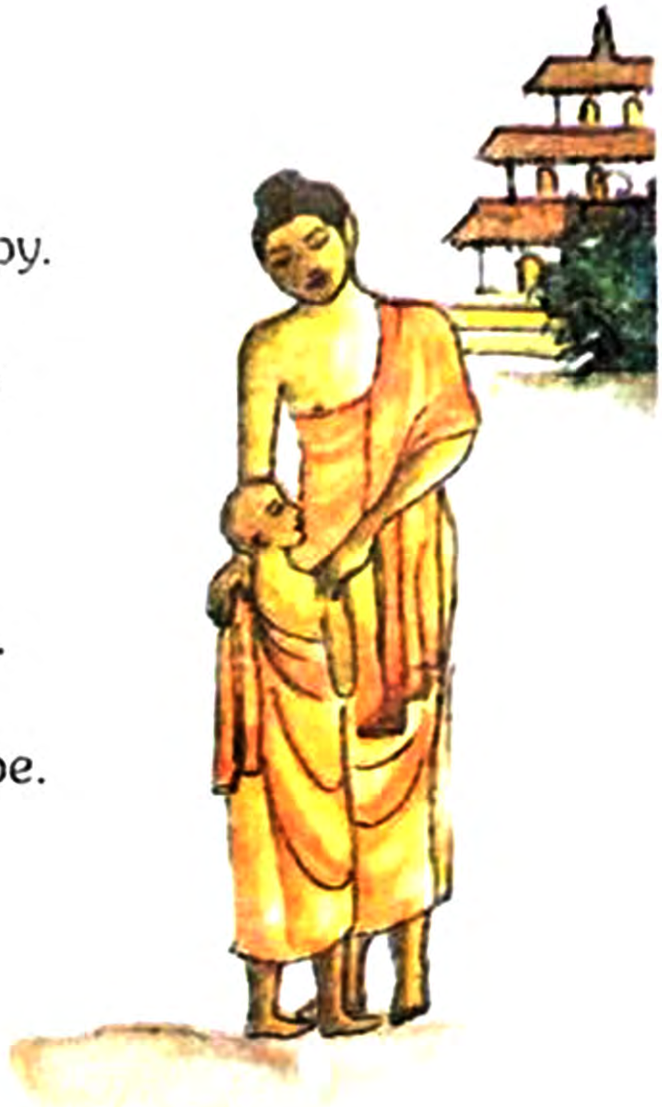
The Buddha
spoke to sopaka
"Sopaka, come near me,
I will help you."

Sopaka's fear vanished
Happily,
he went near the Buddha.

The Buddha
helped the hapless Sopaka ;
taught him the Dhamma and
willingly Sopaka became a monk.
Sopaka's mother also felt very happy.

The Buddha is very compassionate
to children.

Saying "Sadhu" I worship
the Buddha who is compassionate.
I treat well the helpless,
and a good Buddhist child I shall be.



LESSON 10

The Little Monk Rahula



"There, my son, look"
" A pleasant monk he is.
isn't he,
mother? "

"Yes, son, He is your father,
The Buddha.
Go, my son,
talk to him"

Prince Rahula ran and
held a finger of the
Buddha's hand.
Talking of innocent,
pleasant things,
he went to the monastery
with the Buddha.
There he became a monk.
He was very obedient.



This little monk Rahula, while
walking in the temple yard
used to take a handful of sand,
in the morning.
Then he used to throw
it up, wishing :
"May I today receive advice
as much as the grains of sand in it !"

LESSON 11

We Worship Our Parents



"Dasamāse ure katvā
posesi Vuddhikāraṇām
āyu ḍīghaṁ vassasataṁ
mātupādaṁ namāmahaṁ."

"Vuddhikāro alingitvā
cumbitvā piya puttakaṁ
rājamajjhaṁ supatiṭṭhaṁ
pitup:daṁ namāmahaṁ."

LESSON 12

Vihara Maha Devi



Once, long time ago,
the sea flooded into
our country, and
the country got nearly destroyed.

Princess Devi heard that the country
could be saved if
she was sacrificed to the sea.
This Princess Devi was
the daughter of King Kelanitissa.

he Princess fearlessly
nbarked on a ship and
ent floating in the sea.
A few days later the ship landed
in the sea coast off the south.



King Kavantissa
heard this news.
He liked the bravery
of Princess Devi and
made her his chief queen.

Prince Gemunu and
Prince Tissa
were her two sons.

These two were two
of the best
Kings of our country.

LESSON 13

We shall Maintain Cleanliness



We shall rise up early,
brush our teeth
and wash the face well.
Then combing the hair,
we get ready.
We shall get use to such
good habits.

We shall clean our homes,
keep, in proper places, all books,
and never throw dirt and rubbish here and there.
Doing So, we shall learn to be clean.



LESSON 14

We shall sit for Meditation

All children in our class got
ready to meditate.
All of them sat without making their bodies touch each other.

The boys sat cross-legged
the girls sat bending their legs backwards.

All kept their heads erect.
All kept their bodies erect.
They closed their eyes.

For a while
they sat silently,
as the teacher
asked them to be



LESSON 15

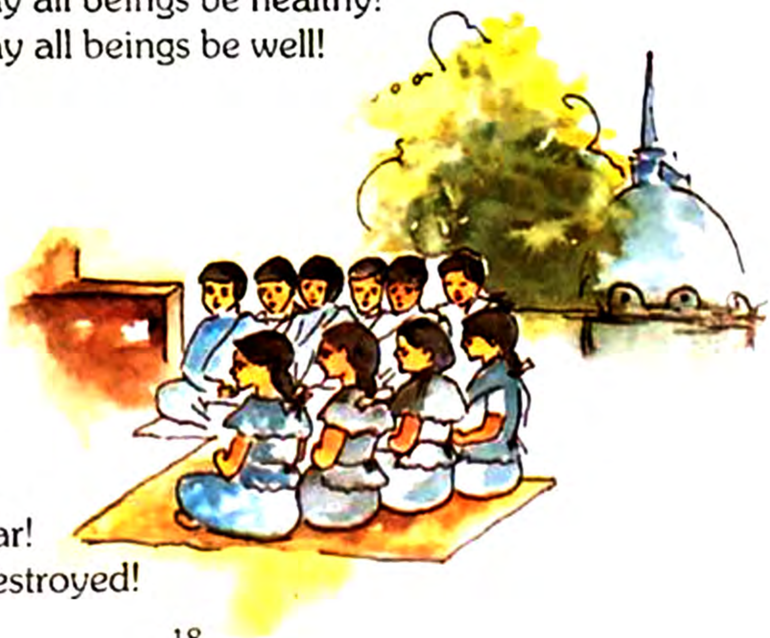
We shall Meditate

May I be happy!
May I be healthy!
May I be well!

May my mother be happy!
May my mother be healthy!
May my mother be well!

May my father be happy!
May my father be healthy!
May my father be well!

May all beings be happy!
May all beings be healthy!
May all beings be well!



Exercise :

May suffering cease!
May all fear disappear!
May all sorrow get destroyed!

LESSON 16

We Shall Worship and Honour the Sacred Stupa

)ear son, Dear daughter,
ıday, we shall worship the sacred stupa",
: teacher said.

We washed our hands clean,
arranged beautifully the flower-trays,
and with one flower sprinkled
water on the other flowers.

We took flower-trays with both our hands.
Sādhu! Sādhu!! Sādhu!!!
In procession we went to the stupa courtyard.

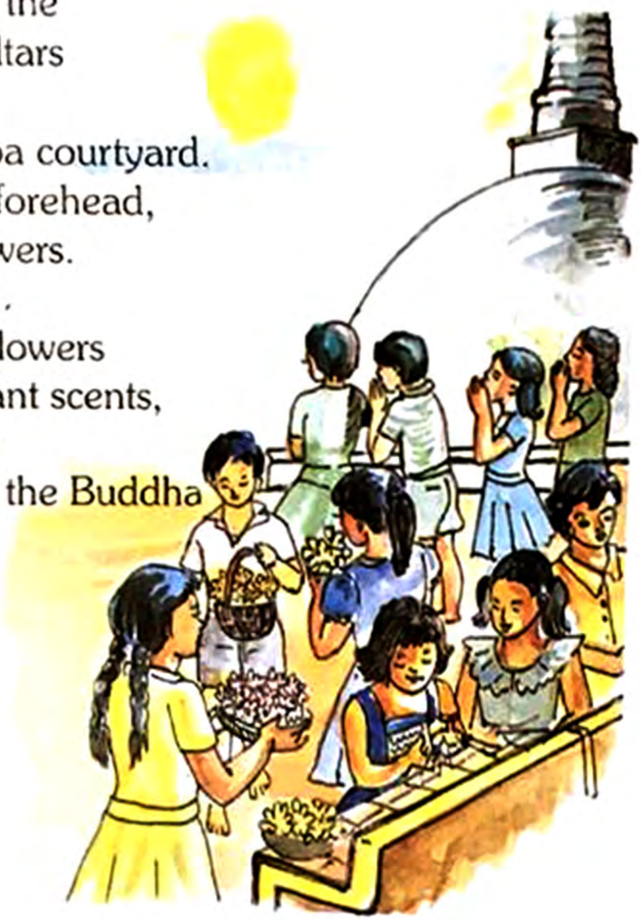
Reciting poems, we honoured the stupa, walking round it with our right shoulders pointed towards it.

Sādhu! Sādhu!! We worship the Buddha-Gem
Sādhu! Sādhu!! We worship the Dhamma-Gem
Sādhu! Sādhu!! We worship the Sangha-Gem
Sādhu! Sādhu!! We worship the Stupa

With both hands we placed the
flower trays on the flower-altars

We sat properly on the stupa courtyard.
Placing both hands on the forehead,
we worshipped, offered flowers.

These beautiful clusters of flowers
of many colours and pleasant scents,
in front of this sacred stupa
we offer to the Great Sage, the Buddha
Sadhu! Sadhu!! Sadhu!!!



LESSON 17

The Vesak Festival

On the Vesak Full moon day
cries of "Sadhu"
and the ringing of bells
are heard in the temple.

Sweet smelling flowers blossom.
At night the moon shines and it is very beautiful.
In every house Vesak lanterns are lit.

It was on a Vesak Full moon Day
that Prince Siddhattha, the Bodhisatta was born,
that he attained the Buddhahood, and
the Buddha attained Parinibbana.

On the Vesak Day
we shall make lanterns,
go to the temple and
observed "sil".



LESSON 18

The Sinhala New Year

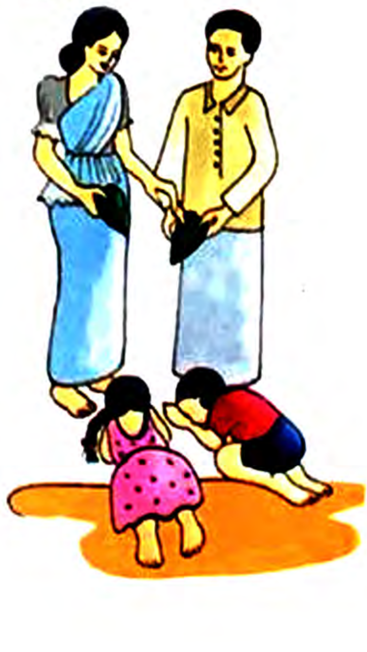
For the Sinhala New Year
we wear new clothes;
we celebrate and
we all enjoy.

Taking oil and flowers we go to the temple.
Offering beetle we worship and
show respect to the monk.



In the New Year relatives visit us.
We treat them with milk-rice,
sweet-meat and other tasty food.

Offering betel,
we worship and show respect to parents,
the father anoint our head with oil,
and invokes blessings on us
wishing us good health.



Excercise :

Making us worships the elders,
uniting the hearts of one and all,
bringing happiness to little kids like us
the Sinhala New Year has come.



LESSON 19

We shall be Good Buddhist Children

Just as human beings,
animals also desire to live.
We, therefore, should resolve
to protect the life of all living beings.

What belongs to us in valuable to us,
to the others also what they own is precious.
We, therefore, should resolve
to protect what belongs to others.

We never do like
when others deceive us by lying.
We, therefore, should resolve
to speak only what is true.

Even though morning and evening we observe the five precepts,
it is wrong to breach any of those five.
We, therefore, should resolve from childhood,
to do what truly is good.



LESSON 20

We shall Speak Good Words

Never will
I intentionally lie,
nor will I say any such thing
that will divide
those who live happy and united

Always will I
speak such words
that will unite
those who live divided.



Never will I speak
any words that are bad,
that will hurt others minds.

Always I'll speak
words that are good,
pleasing the ear
and soothing the mind
Never will I speak
nonsensical words
spoken here and there.

Always I'll speak
words that are good
beneficial to those who hear
and to those who speak as well.
Never will I speak
lies or slanderous words,
nor will I ever
speak empty words.
Always I'll speak
only good words
that will bring
prosperity and happiness to me.

LESSON 21

We shall Learn Well

Suranga, Sujeeva,
Devika and Dhammika
all four of them
are good friends.

They very willingly
went to school daily
and learnt very well
what the teacher tells.



They wrote beautifully
the figures and letters
the teacher taught them
to write so well.

Without any fear
they always volunteered
to dance and sing
to run and jump.

On every Sunday,
happily together,
they went to Dhamma school.

Never they failed
to take a tray of flowers.

Obeying not only the monk
but also the lady teacher
and the mastering the
Dhamma School as well
they keenly followed
all rites and ritual well.

At the Dhamma School children s society
all four of them
willingly came forward
to tell others
the religious stories
they learnt so well.

The stanzas, Dhamma poems
and devotional songs to the Buddha,
they beautifully sang them all.

All home work
given at school
and the Dhamma School as well,
always they did without fail.

As they studied well,
beginning from Grade I,
all four of them found
the scholarship examination to be easy.

Suranga, Sujeeva, Devika and Dhammika
are the four students who
passed the scholarship examination
extremely well.
They were all happy.

Their parents and the master
as well as their teacher
were also very happy.
The Venerable monk in the Dhamma School
was also happy.
All four of them received prizes.

I, also, shall study well
I shall be a good Buddhist child.

LESSON 22

We shall Worship The Three Shrines

When we go to the temple we first
worship the stupa.
Second, we worship the bodhi-tree.
Third, we worship the Buddha image.

Exercise :

We worship with reverence
the stupa, bodhi-tree and the Buddha-image
the three noble shrines
well established everywhere.

"Vandāmi cetiyaṁ sabbaṁ
sabbaṭhāne supatiṭṭhitaṁ
sāririka dhātu mahā bodhiṁ
buddharūpaṁ sakalaṁ sadā."



LESSON 23

Good Practices

Before meals and after meals
we wash our hand and mouth;
and before going to bed
we wash our face well,
in these good practices
we always train.

When one is taking meals,
it's not nice to lick the hand.
When one is drinking water,
no 'Suru-suru' sound he should make.



LESSON 24

Good Habits



I shall not cast hints
nor shall utter rough and foul words;
shall not speak empty words,
shall always speak what befits.

One should always think:
biting one's hair,
spitting wherever one is,
and biting one's nails
are all ugly habits.

When two are talking
it's not proper to walk in between
It is good to live
knowing that this is a good habit.

When someone is either coming or going,
never do laugh at him.
If one visits your home
do not hide yourself,
and then, peep at him.

Exercise:

Learn by heart the above.

LESSON 25

We shall offer flowers to the Buddha

"Vaṇṇa gandha guṇopetaṁ
etaṁ kusuma santatiṁ
pūjayāmi munindassa
siri pāda saroruhe"



"Pujėmi Buddhaṁ kusumenanena
puññena metena labhāmi mokkhaṁ
pupphaṁ milāyāti yathā idaṁ me
kāyo tathā yāti vināsabhāvaṁ"

"This cluster of beautiful flowers
of many colours and smell so sweet,
I offer to the Great Sage, the Buddha
placing them at his lotus-feet"

"With my whole heart full of trust
and filled with devotion deep,
offering these flowers to the supreme Buddha
I wish for Nibbanic Bliss"

"With the merit obtained through this offer
I shall obtain final release
just as this flower withers away
my body also will perish."

Musical Notations

Song 1



Western musical notation prepared by Dulip Gabadamudali

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